

## **Abstract Of The Disclosure**

A method and composition for preventing or inhibiting angiogenesis and *Helicobacter pylori* and providing a powerful antioxidant that provides numerous health benefits. The method involves administration of a composition incorporating specific edible berry extracts and the composition is comprised of specific edible berry extracts. The method and related composition effectively inhibit the release of growth factors that trigger angiogenesis, inhibit or prevent the growth of *Helicobacter pylori* and act as a powerful antioxidant with a high oxygen radical absorbance capacity (ORAC) and low cytotoxicity.